

# Scientific Temperance

## MONTHLY ADVICES.

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of the Woman's Christian Temperance Union.

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## MERIT AND DEMERIT CIRCULAR NO. 2.

It is well known that when the first temperance education laws were enacted, the branch they required taught was an unwritten science as specified by that legislation, and that many hurriedly prepared, badly graded and otherwise crude text books purporting to teach "Physiology and Hygiene with special reference to the effects of alcoholic drinks and other narcotics" were, as a business venture, rushed upon the unexpected market. Teachers as a class lacked the previous training in this new topic that enabled them to supplement to their pupils the deficiencies in these text-books. Where neither text-book nor teacher is in possession of the facts that should be taught, the study will obviously be a failure and the object of the law lost.

To avert this peril, in the autumn of 1887 a syllabus of what should be taught in these books was drafted, in the form of a petition to publishers of defective Temperance Physiologies, asking for the revision of these books. That petition is printed in full on page 3 of this circular. It was signed by many renowned physicians, members of State Boards of Health, college presidents, distinguished statesmen, teachers and scholars from all parts of our country.

It thus formed a standard of eminent opinion as to what should be taught on this topic and how the matter should be graded to make it intelligible to "all pupils in all schools," as the law demands.

As a result, a large share of the imperfect text-books on this topic has been revised or a better series in harmony with the Petition has been issued. Thus a large variety of good well-graded text-books on this theme, issued by different publishers, is now ready to be exchanged for the imperfect books in

the schools, that defeat the object of the law.\* To aid those who wish to secure this exchange and at their request, circulars, showing the merits of the revised, and demerits of the unrevised, books are prepared.

NOTE. — The points where books meet or fall short of the requirements of this Petition Standard are shown in the following Numbers of the Merit and Demerit Circulars.

#### Circular No. I.

Criticisms of Smith's "Primer of Physiology," Smith's "Human Body and its Health," Lincoln's "Hygienic Physiology," May's "Anatomy, Physiology and Hygiene," Mill's "Physiology, Hygiene and Narcotics," and "An Elementary Text-Book of Anatomy, Physiology and Hygiene," by Prof. James Thatcher and Arthur B. Morrell.

#### Circular No. II.

The Blaisdell Physiologies and Johonnot and Bouton's "How We Live" contrasted with the endorsed Physiologies.

#### Circular No. III.

The Cutter Physiologies contrasted with the endorsed Physiologies.

#### Circular No. IV.

"Essentials of Anatomy, Physiology and Hygiene," by Roger S. Tracy, M.D., Brand's "Good Health for Children," Brand's "Health Lessons for Beginners," Brand's "Lessons on the Human Body," Brown's "Physiology and Hygiene," Kellogg's "First Book in Physiology and Hygiene," Hooker's "First Book in Physiology," Buckefew's "Practical Work in the School-Room," Walker's "Anatomy, Physiology and Hygiene," Walker's "Health Lessons," Hutchinson's "Physiology and Hygiene," Hutchinson's "Laws of Health," Dunglison's "Elementary Physiology," Dunglison's "School Physiology," Allen's "Man Wonderful in the House Beautiful," Martin's "Human Body," "Advanced Course," and same "Briefer Course," Steele's "Fourteen Weeks in Physiology," and Steele's "Abridgement of the Hygienic Physiology."

\*These books bear the endorsement of the Committee of correspondence chosen by the Petitioners to extend such endorsement to all books found to conform to the Standard. This Committee, which consists of Mrs. Mary H. Hunt, the Rev. Daniel Dorchester, D.D., Rev. Albert H. Plumb, D.D., Rev. Joseph Cook and W. H. Sheldon, then President of the National Teachers Association, sustain an official relation to the National Department of Scientific Temperance Instruction, and, at the request of the publishers, issued their endorsement in that official capacity.

## The Petition to Publishers.

### THE ESTABLISHED STANDARD FOR TEMPERANCE PHYSIOLOGIES.

1. Thirty-two States\* and all the Territories now require scientific temperance instruction in the public schools, and the question whether the children shall receive such instruction is seen to depend largely upon the character of the manuals of instruction employed.

2. It was the intention of those who secured these laws that the children should have the latest science concerning the dangerous and hurtful qualities of alcohol used in any degree, and the peril of forming the habit of its use. The law requires this. Nothing less than this will ever satisfy its friends.

3. Those text-books that are largely physiology, with a minimum of temperance matter that only points out the evil of drunkenness and the danger of excessive use of alcoholic drinks and narcotics, do not meet the requirements of the law, and do not satisfy those who secured its enactment and who *are determined to secure its enforcement*.

4. The undersigned, therefore, who represent various temperance organizations, and who are familiar with the sentiment and are entitled to speak for the very numerous membership of different churches and other bodies, extending widely throughout the land, and citizens who speak for ourselves, do make respectful and earnest appeal to all publishers of text-books on this subject to revise their publications to conform to the latest results of scientific inquiry, and to meet the terms and spirit of these statutes in making the temperance matter the chief and not the subordinate topic in these books, so that public and authorized expressions of approval and endorsement of all such books can be issued and given wide circulation.

5. In urging this appeal we beg leave to represent that if this new education is to give to the world a coming generation of intelligent total abstiners, as we expect, its manuals of instruction must conform to the following specifications :

1st. — They must teach with no uncertain sound the proven findings of science, viz. :

a. — That alcohol is a dangerous and seductive poison.

b. — That beer, wine, and cider contain this same alcohol, thus making them dangerous drinks, to be avoided, and that they are the product of a fermentation that changes a food to a poison.

c. — That it is the nature of a little of any liquor containing alcohol to create an appetite for more, which is so apt to become uncontrollable that the strongest warning should be urged against taking that little and thus *forming* the appetite.

2d. — They must teach also the effect of these upon "the human system," that is, upon the whole being — mental, moral, and physical.

\*This number has now [1892] been increased to thirty-four.

The appalling effects of drinking habits upon the citizenship of the nation, the degradation and crime resulting, demand that instruction here should give clear and emphatic utterance to the solemn warnings of science on this subject.

3d. — This instruction must be as well graded to the capacities of each class of pupils as the modern school readers are. A book fit for high schools put into primary or intermediate classes will make the study a failure there. Truth is just as true and as scientific when told in easy words as when put into stilted technicalities the child cannot understand.

4th. — This is not a physiological but a temperance movement. In all grades below the high school this instruction should contain only physiology enough to make the hygiene of temperance and other laws of health intelligible. Temperance should be the chief and not the subordinate topic, and should occupy at least one-fourth the space in text-books for these grades. As only a small portion of the pupils in our public schools attend high schools, and vast numbers leave with the primary, this instruction should be early and ample. It is not desirable to have a separate book for the physiology heretofore studied in the high school or to limit the amount, but at least twenty pages out of that ordinarily required should be given to the question of the danger of alcoholic drinks and other narcotics, in a text-book for these classes.

5th. — This effort to disabuse the minds of the rising generation of the fallacies which lead to drink habits should purposely avoid reference to the medical use of alcohol. As by common consent its lay prescription is condemned, the question of its use as a remedy may properly be relegated to medical treatises, as out of place and misleading in a school text-book.

Lacking in any of these points, a text-book on scientific temperance is incomplete, and the use in the schools of such a book will not result in a strong temperance sentiment among the pupils using it.

Because the question of total abstinence for the children of this country, and therefore of their well-being and that of the land soon to be governed by them, depends so largely upon the teachings in these books, we make this appeal.



## A Book that Falls Below the Petition Standard.

*For Primary Grades.*

### BLAISDELL'S "CHILD'S BOOK OF HEALTH."

Measured by the requirement of the Standard of eminent opinion given on the preceding pages, this book is lacking in the following particulars:—

1. It contains too much physiology in proportion to the temperance matter. Experience has shown that the temperance matter that should be taught to pupils of primary and intermediate grades cannot be treated in less than one-fourth the space given to the physiology and hygiene that is appropriate to such pupils. This amount is therefore required by the Petition Standard and the laws of many states. Blaisdell's "Child's Book of Health" lacks over 15 pages of this required amount of temperance matter.

2. It does not show clearly that cider, beer and wine contain alcohol, nor that they are the product of a fermentation that changes a food to a poison.

3. It says nothing concerning the nature of a little alcohol to create an appetite for more, and contains no warning against taking that little.

\*Issued by Lee & Shephard.

† " " A. S. Barnes & Co.

‡ " " Ivion, Blakeman & Co.

## Books that Comply with the Petition Standard.

*For Primary Grades.*

PHYSIOLOGY FOR LITTLE FOLKS \*  
(the revised edition of Blaisdell's "Child's Book of Health").

NO. 1 OF PATHFINDER SERIES.†

NO. 1 OF UNION SERIES.‡

NO. 1 OF APPLETON'S SERIES.§

NO. 1 OF ECLECTIC SERIES.§

BRAND'S "GOOD HEALTH FOR CHILDREN (revised edition).

Measured by the Standard of eminent opinion given on the preceding pages, these books fulfil the requirements on the following as well as all other points:—

1. They are not chiefly physiology; they contain only physiology enough to make their simple hygienic teaching intelligible, as well as the "special reference" to the effects of alcoholic drinks and other narcotics that the law requires.

2. The process of fermentation which changes the sugar of good fruit and grain juice to a poison is clearly but simply set forth in each of these books. See pp. 39-48 of "Child's Health Primer," or pp. 26-36 of "Health for Little Folks," or pp. 27-33 of "House I Live in," or pp. 25-33 of No. 1 of the Union Series.

3. The nature of a little alcohol to create an appetite for more is clearly shown in the revised edition of "Child's Book of Health," entitled "Physiology for Little Folks," and also in the other endorsed books mentioned above. See p. 42 of "Child's Health Primer," also p. 29 of "Health for Little Folks," p. 35 of No. 1 of the Union Series, or p. 28 of "House I Live In."

§ Issued by D. Appleton & Co.

§ " " Van Antwerp, Bragg & Co.

¶ " " Leach, Shewell & Sanborn.

In addition to these faults Blaisdell's "Child's Book of Health" contains many objectionable statements, among which are the following:

Page 27. "You probably know some clever playmate who can imitate exactly the talk of a drunken person." A drunkard is too serious a subject to be imitated for fun, and any reference to making fun of such a subject without condemning it is bad. Children should be taught that a drunkard is one who has been poisoned with alcohol.

Page 44. "If too much [tobacco] is used it injures the brain." What is too much? Only experience can show; but before this has been shown the appetite that demands continually increasing quantities is formed.

The "Child's Book of Health has been revised to conform to the Standard. In the revised edition, entitled "Physiology for Little Folks," the objectionable features referred to do not appear; but they are here mentioned because the unrevised edition of the book is to some extent still in the schools.

## A Book that Falls Below the Petition Standard.

*For Lower Grades of Schools.*

### BLAISDELL'S "HOW TO KEEP WELL."

Measured by the requirements of the Standard established by the eminent opinion referred to, this book is deficient in the following particulars:—

1. It lacks 35 pages of the required amount of temperance matter. More is given at the end of the book, but a large part of this is made up of experiments, showing the chemical properties of alcohol, its use in the arts, etc.

2. The account given of fermentation lacks the directness of statement that would make clear to the pupil the fundamental facts of the topic, viz., that fermentation entirely changes the character of the substance it works upon, and that good fruit and grain juices are changed by this process to poisonous liquors.

\* Issued by Lee and Shepard.  
† " A. S. Barnes & Co.  
‡ " D. Appleton & Co.

Beside the defects mentioned above, Blaisdell's "How to Keep Well" contains the following objectionable passages:

Page 164. It details the enormous quantities of opium which DeQuincy was able to take without adding some account of its evil effects upon him, thus leaving the way open to wrong conclusions concerning its harmfulness. This is liable to excite in a certain class of boys that unhealthy admiration they sometimes express for the man who can swallow large quantities of alcoholic liquors or use an extraordinary quantity of tobacco. He is quoted as a sort of a hero, whom some boy tries to imitate, and in turn brags of how much he can take.

Page 159. "Excess" means "beyond due bounds." To speak of "alcoholic excess," or "the excessive use of tobacco" implies that there is a use for alcoholic beverages or tobacco that is within bounds. The same objectionable expression occurs in other places in the book.

Page 72. The description given here of the tortures maliciously inflicted by pulling teeth is entirely out of place, painfully shocking to sensitive children, and tending to harden the less refined.

Page 66. "At first alcohol may give a slight and short renewal of strength." An incorrect statement. A tired horse has no "renewal of strength" when he starts up suddenly under the lash of the whip; he is only excited to expend what he already has. No more has a man a "renewal of strength" when, under the effect of alcohol, he expends his remaining strength more rapidly than he would if his nerves were in their normal condition reporting the real state of his muscles.

Page 65. The statement that "enormous quantities of alcoholic beverages are used in almost every part of the world," should be followed by something showing the well-known disastrous results of such enormous use. The evasive statement that "the effects of alcohol upon our bodily life is a subject of the most profound importance," is virtually saying nothing.

Page 64 speaks of carbonic acid gas remaining after fermentation "to give life to the liquor;" also of "rare wine" and "costly brandy," all of which expressions are the language of the devotee who wishes to commend, rather than of the teacher who wishes to warn against the use of these substances.

Page 62 and 63 give very questionable instruction concerning tea and coffee.

Too much is said of the chemical composition of foods. (See pages 54, 56.) The pupil is not prepared for this until he has studied chemistry, which is not usually at the stage of his education represented by this book.

Because of these defects and deficiencies this book has been revised. The revised edition is entitled "Physiology for Boys and Girls."

## Books that Comply with the Petition Standard.

*For Intermediate or Grammar Grades.*

### PHYSIOLOGY FOR BOYS AND GIRLS\*

(revised edition of "How to Keep Well").

### YOUNG PEOPLE'S PHYSIOLOGY.†

### HYGIENE FOR YOUNG PEOPLE.‡

### LESSONS IN HYGIENE.‡

### YOUTH'S TEMPERANCE MANUAL.¶

### PHYSIOLOGY AND HEALTH No. 3. §

Measured by the Petition Standard for temperance text-books, these books fully meet with its requirements on the following as well as all other points:—

1. They amply comply with the Standard and the laws of many states, requiring one-fourth the space of books on this topic, for this grade, to be given to temperance matter.

2. They comply with the requirements of the Standard in showing clearly that such drinks as beer, wine, and cider are the product of a fermentation that changes a food to a poison. See No. 3 of the Union Series, p. 46, Hygiene for Young People, p. 19, Lessons in Hygiene, p. 47, or Youth's Temperance Manual, p. 28.

¶ Issued by Van Antwerp, Bragg & Co.  
§ " Ivison, Blakeman & Co.

## A Book that Falls Below the Petition Standard.

*Purporting to be "An Elementary Text-Book  
\* \* \* for Common Schools."*

### BLAISDELL'S "OUR BODIES AND HOW WE LIVE."

Measured by the requirements of the Standard established by the eminent opinion referred to, this book is lacking in the following particulars:—

1. On its title page it purports to be an "Elementary Physiology for Common Schools," without designating the grade, but it contains numerous terms that are better adapted to medical students than for pupils in any grade below the high school. See pp. 17, 18, 21, 2y, 175, 186, and 201.

2. The book contains too much physiology and too little temperance matter. It lacks 43 pages of the required amount.

3. It tells how much alcohol there is in beer and wine, but says nothing to show that the presence of the alcohol makes these dangerous drinks (pp. 60 and 61).

## Books that Comply with the Petition Standard.

*For Intermediate or Grammar Grades.*

YOUNG FOLKS' PHYSIOLOGY\* (revised edition of Our Bodies and How We Live).  
HYGIENE FOR YOUNG PEOPLE.†  
YOUNG PEOPLE'S PHYSIOLOGY.‡  
LESSONS IN HYGIENE.§  
YOUTH'S TEMPERANCE MANUAL.||  
PHYSIOLOGY AND HEALTH, No. 3.§

Measured by the Standard for temperance text-books, these books fully comply with its requirements on the following as well as all other points:—

1. They contain no technical terms beyond the capacity of pupils of the grades for which they are designed, but treat all topics in familiar language which these pupils can easily comprehend.

2. They amply comply with the Standard and the laws of many states, requiring one-fourth the space of books on this topic, for this grade, to be given to temperance matter.

3. They teach the dangerous character which alcohol imparts to the drinks containing it. The law requires that "the effects of alcoholic drinks," *i.e.*, of beer, wine, cider, etc. (the form in which the pupils are most tempted to take alcohol), "shall be taught." They also comply with the requirements of the Standard in teaching that these drinks are the product of a fermentation that changes a food to a poison. See No. 3 of the Union Series, p. 46, Hygiene for Young People, p. 19, Lessons in Hygiene, p. 47, or Youth's Temperance Manual, p. 28.

\* Issued by Lee & Shepard.

† " A. S. Barnes & Co.

‡ " D. Appleton & Co.

|| Issued by Van Antwerp, Bragg & Co.

§ " Ivison, Blakeman & Co.

Beside the above deficiencies, Blaisdell's "Our Bodies and How We Live" contains numerous objectionable passages, such as the following:

Page 59. Commendations of tea and coffee.

Pages 59 and 60. Same objectionable expressions as in "How to Keep Well," about carbonic acid gas remaining in cider and wine, "to give life to the liquor," "rare wine," "costly brandy," etc.

Page 60. Speaks of "good beer," which is the language of the brewer and retailer anxious to sell his poisonous liquors. Such teaching will not warn the young against the formation of alcoholic habits.

Pages 61, 62. Credits the claim that alcohol is a food.

Page 62. "The habitual user of alcohol seldom has any well considered grounds of health or economy for his indulgence." We should say he never has.

Page 63. Same statement as on page 66 of "How to Keep Well," about alcohol giving a "slight renewal of strength," which is incorrect.

Page 89. Speaks of the injury to the liver of "alcoholic excess." "Excess" means beyond due bounds. There are no "due bounds" for the use of alcohol as a beverage. Moreover, no one has yet been able to tell what "excess" is. Dr. Harley found that quantities far less than what is usually considered "moderate" injure the liver and other organs.

Page 117. It is uncalled for and unadvisable to detail to children the methods by which people commit suicide.

Page 122. "Alcohol in excess" appears again, and also on pages 159, 196, 197, 179. The teachings in both books, "Our Bodies" and "How to Keep Well," concerning the effects of alcoholic drinks are chiefly directed to what the author terms the "excessive use" of these substances. Teaching the evils of intemperance, *i. e.* the "excessive use," so-called, will not prevent the formation of alcoholic habits.

Page 146. Objectionable foot note on modes of slaughtering cattle and criminals which would tend to brutalize.



Page 160. "Tobacco has a soothing effect upon the nervous system, especially of brain workers." Such a statement encourages the use of a substance that is potent for harm to the nerve tissues, as well as other parts of the body. The distinction made in the same paragraph between "moderate" and "excessive use" of tobacco is not warranted. What may be moderate for one will be excessive for another.

Page 162. The expression, "the abuse of tobacco," as causing "many and various nervous symptoms," is objectionable, because implying that there is a use for this poison in the human system which is not abuse.

Page 164. To term opium a "wonderful drug" is more in the line of arousing curiosity and tempting young people to experiment with it, than teaching them to shun it.

Page 166. Objectionable foot note on the enormous quantities of opium the system has been able to "tolerate" without stating in the same connection the harmful consequences.

This book has been revised to conform to the requirements of the petition standard, the revised edition bearing the title of "Young Folk's Physiology."

### A Book that Falls Below the Petition Standard.

*Purporting to be for Intermediate or Grammar Grades.*

#### BOUTON'S "HOW WE LIVE."

1. The style of the book is too difficult for pupils below the high school, and yet not sufficiently full to make a good high school book. It abounds in stilted and involved expressions, and in technical terms such as "amyloids," "glycogen," "sub-clavian vein," "Eustachian tube," etc. (See pages 31, 36, 41, 48, 69, 81-84, 94), and in physiological descriptions too advanced for intermediate pupils, such as the chemical constituents of food (pages 22 and 23), direct and reflex nerve action (pages 112 and 113), and other complex subjects.

2. It lacks over 26 pages of the required amount of temperance matter.

3. It says nothing of the poisonous nature of alcohol.

4. It contains nothing on the nature of beer, wine, or cider, and gives no account of the fermentation that changes the sugar of good fruit and grain juices to poison.

5. On page 38 there is a hint that drink induces drink, but the book contains no clear statement of the dangerous nature of alcohol to create an appetite for more.

### Books that Comply with the Petition Standard.

*For Intermediate or Grammar Grades.*

HYGIENE FOR YOUNG PEOPLE.\*  
YOUNG PEOPLE'S PHYSIOLOGY.\*  
LESSONS IN HYGIENE.†  
YOUTH'S TEMPERANCE MANUAL.‡  
PHYSIOLOGY AND HEALTH, No. 3.¶

1. These books were written for pupils of intermediate and grammar grades, and the language used is within the comprehension of such pupils.

2. They amply comply with the Standard and the laws of many states, requiring one-fourth the space of books on this topic, for this grade, to be given to temperance matter.

3. They teach clearly the poisonous nature of alcohol. See Lessons in Hygiene, pp. 35 and 36, also Youth's Temperance Manual, p. 29, Hygiene for Young People, pp. 10, 11, Physiology and Health, No. 3, p. 42.

4. They teach the dangerous character which alcohol imparts to the drinks containing it, and show that they are the product of a fermentation that changes a food to a poison. See Physiology and Health, No. 3, p. 46, Hygiene for Young People, p. 19, Lessons in Hygiene, p. 47, or Youth's Temperance Manual, p. 28.

5. The nature of a little alcohol to create an appetite for more is clearly shown in these books. See p. 13, Hygiene for Young People, p. 42 of Physiology and Health, No. 3, p. 30 of Youth's Temperance Manual, or p. 37 of Lessons in Hygiene.

\* Issued by A. S. Barnes & Co.  
† " D. Appleton & Co.

‡ Issued by Van Antwerp, Bragg & Co.  
¶ " Ivison, Blakeman & Co.

Because of its deficiencies on the above points this book has been revised to conform to the Standard for Temperance text-books. The revised edition bears the title of "Lessons in Hygiene," by James Johonnot and Eugene Bouton, and is a valuable book for advanced grammar grades.